



## DEPARTMENT OF THE INTERIOR

### INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

#### MARKET-WISE SHOPPERS SERVE WHITING

Market-wise shoppers are discovering that whiting is a reasonably priced fish that is plentiful. It is a groundfish caught commercially in the cool waters of the North Atlantic and off New England and Middle Atlantic States.

Whiting is a slender, dark, gray fish with silvery under-parts. It is sold whole, drawn, dressed, or as fillets. The size ranges anywhere from one-half to four pounds.

The meat is mild flavored and the texture is very tender. Whiting, or any fish, has no tough tissue to be tenderized. When flaked it is good in creamed dishes and salads because of the tenderness of the meat and the white color.

The home economists of the Bureau of Commercial Fisheries, United States Department of the Interior, recommend two receipes using flaked whiting, "Whiting Gismo" and "Whiting Salad".

#### WHITING SALAD

2 cups flaked whiting	3 hard cooked eggs, chopped
$\frac{1}{2}$ cup chopped celery	1 teaspoon salt
$\frac{1}{2}$ cup cooked peas	$\frac{1}{2}$ cup mayonnaise
2 tablespoons chopped sweet pickle	2 tablespoons lemon juice
2 tablespoons chopped onion	Lettuce

Combine all ingredients except the lettuce, being careful not to break the fish into small pieces. Serve on lettuce. Serves 6.

#### FLAKED WHITING

1 pound whiting fillets  
1 quart water  
1 tablespoon salt

Skin fillets and place in boiling salted water. Cover and return to boiling point; simmer for 10 minutes or until fish flakes easily when tested with a fork. Drain and flake. Serves 6.

This recipe will yield 2 cups flaked whiting that can be used in recipes calling for flaked fish.

#### WHITING GISMO

2 cups flaked whiting	1 cup grated cheese
1½ tablespoons butter or other fat	2 cups cooked rice
2 tablespoons flour	1 cup cooked peas
½ teaspoon salt	2 tablespoons butter or other fat, melted
Dash pepper	½ cup dry bread crumbs
1-¾ cups milk	

Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Stir in cheese and heat until melted. Combine fish with rice, peas, and cheese sauce. Place mixture in a well-greased casserole. Combine butter and crumbs; sprinkle over gismo. Bake in a moderate oven, 375°F., for 30 minutes or until brown. Serves 6.

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